

**SPECIAL  
POINTS OF  
INTEREST:**

- MCH grant quarterly reports
- Mumps outbreak management information
- SIDS Network provides sleep sacks for HSHV program
- National School Nurse Day
- Origin of Mother's Day

**Complete  
School Nurse  
Survey by  
June 2. Go to  
[www.kdheks.gov/c-f/school.html](http://www.kdheks.gov/c-f/school.html)**

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# ZIPS

## Zero to age 21: Information Promoting Success

for Public Health Professionals working with Kansas Kids

VOLUME 4 NUMBER 5

MAY 2006

### Robin Traffas, Reno County: Healthy Start Home Visitor of the Year



Jamie Klenklen, MCH Program Consultant and Home Visitation Training Coordinator, conceived the idea for recognizing home visitors for their daily work in the homes and lives of Kansas families through the Outstanding Healthy Start Home Visitor of the Year Award. Healthy Start Home Visitors are usually paraprofessionals who are selected based on their own experiences as mothers and with parenting, and the myriad of other talents that increase the effectiveness of their role in supporting families and providing resources and referrals as needed.

Health department administrators were invited to nominate their home visitor for this award through addressing the home visitors level of daily commitment, sense of humor, flexibility, compassion, and role as an ambassador for their local agency, home visitors, and families that they served. Fourteen home visitors were nominated and after thoughtful consideration of nomination forms, Robin Traffas, Reno County, was selected. Neita Christopherson, Clinical Services Supervisor, nominated Robin, who has been in her position since 1995. According to Neita, "Robin's outgoing personality makes her a natural, accepting all races, ages, sexes and economic levels, embracing families with an open mind and heart. Her genuine nature builds a level of trust that has clients seeing her as an anchor with sound guidance and direction. Robin has made a difference in families she has touched. She uses her creative computer skills to give

*Pictured left to right: Jamie Klenklen, Children and Families Section, presents Robin Traffas with her Outstanding Healthy Start Home Visitor of the Year Award*

presentations to area schools, SRS programs, and regional and state MCH meetings. She possesses qualities of commitment, flexibility, compassion, humor and advocacy as she empowers families to find solutions. Robin exemplifies these qualities as a certified doula, a CASA volunteer, teaching childbirth classes, teaching inmates at the Hutchinson Correctional Facility, teaching CCD classes, and attending classes at the Hutchinson Community College. Robin is our outstanding Healthy Start Visitor of the Year.

Robin, as well as the other 13 nominees, was recognized during the Awards Luncheon on April 13 at the Governor's Public Health / MCH Conference held in Wichita. Nominees were awarded certificates and Robin was presented with a plaque recognizing her accomplishments in her role as a Healthy Start Home Visitor. The nominees for this year's recognition were:

- Annie Blankenship, Chautauqua County  
Nominated by Jeanie Beason, Administrator
- Judy Coats, Lincoln County  
Nominated by Ladonna Reinert, Administrator
- Jennifer Courtney, Jefferson County  
Nominated by Cathy Garren, RN
- Elaine Covey, Montgomery County  
Nominated by Ruth Bardwell, Administrator
- Patricia Hirsch, Mitchell County  
Nominated by Patricia Dowlin, Administrator
- Daina Hodges, Pottawatomie County  
Nominated by Leslie Campbell, Administrator and Mary Abitz
- Diane Kirkwood, Labette County  
Nominated by Debby Baugher, Administrator
- Dawn Ruge, Winfield-Cowley County  
Nominated by Marsha Donals, Healthy Start Supervisor
- Ruth Ruiz, Junction City-Geary County  
Nominated by Barbara Berry, Director of Nursing
- Shannon Sehie, Butler County  
Nominated by Jamie Downs, Healthy Start Supervisor
- Rhonda Sperber, Logan County  
Nominated by Georgetta Schoenfeld, Administrator
- Lorna Stohs, Coffey County  
Nominated by Susan Mueller, Administrator
- Ann Van Nahamen, Edwards County  
Nominated by Nancy Kirkwood, Administrator



# PERINATAL HEALTH

Joe Kotsch, Perinatal Consultant

## New Perinatal Depression Resource Available Online



A curriculum produced by the University of Virginia's Department of Health and their Office of Continuing Medical Education with support from HRSA, is designed to help health professionals learn how

to identify, treat and refer women with perinatal depression. Health professionals utilizing this free curriculum on the Web can earn continuing education credits. The Web site for the perinatal depression curriculum is: [www.perinataldepression.org](http://www.perinataldepression.org)

**Do not the most moving moments of our lives find us all without words?**

— Marcel Marceau

## SIDS Awareness Resources



One excellent resource for combating SIDS is the First Candle/SIDS Alliance hotline (800) 221-7437. This is a nation-wide, toll-free hotline for parents of children who have died as a result of SIDS and for parents who want education on SIDS prevention and how to do everything possible to have a healthy infant. In addition, it is a resource for professionals who work with families.

The American Academy of Pediatrics (AAP) Web site has a volume of information and materials available on a variety

of topics related to infant mortality and risk-reduction programs. The two resources presented here only touch the surface of available literature on SIDS and infant mortality. For further research



on these topics go to: <http://mchlibrary.info/> and for information on what's going on in Kansas go to: [www.sidsnetworkofkansas.org](http://www.sidsnetworkofkansas.org)

## MCH Grant Reports

A huge thank you goes out to all of the MCH grantees for the third quarter grant-reporting period from the MCH Program staff at KDHE. In the Maternal and Infant Program, the MCH Program has seen a large increase in documented outcomes for pregnant women in decreasing and/or quitting smoking, and increasing the initiation and duration of breastfeeding. Potential roadblocks toward maintaining or increasing success with respect to smoking cessation, increasing the initiation and duration of breastfeeding, as well as other program areas were given. In response to these roadblocks, some programs mentioned the possibility of seeking grants from various charitable organizations and other funders of maternal and child health programs as one means of sustaining their programs. Another means of obtaining revenue that was mentioned in this quarter's reports was that of approaching the local county commission

with a presentation of the intrinsic value that the program has provided backed up by input from consumers and group data from the program. These methods, coupled with support from local and state MCH partners, are a great example of how public health can show its value and strength as a community health resource. Once again, thank you for your efforts and perseverance in providing quality and essential health care to the families of Kansas.



## New Breastfeeding Law in Effect

If this is your first time reading the Perinatal Health page of the ZIPS newsletter, Kansas has a new law, HB 2264, that allows women to breastfeed anywhere they have a right to be. The law contains provisions that encourage and support a woman's choice to breastfeed. Recently, at the 2006 Governor's Conference on Public Health, MCH staff handed out "breastfeeding cards" to conference participants to give to mothers they see in their public health practice. One benefit of giving the "breastfeeding cards" to these mothers is to show the card to anyone questioning them about their right to breastfeed. The cards serve both as an educational tool for the public and as a way to support a mothers' rights to breastfeed their infants anywhere they have a right to be.

If you were unable to obtain the "breastfeeding cards" at the Governor's conference this past week in Wichita, please contact Martha Hagen in the WIC Program: [mhagen@kdhe.state.ks.us](mailto:mhagen@kdhe.state.ks.us) ; Joseph Kotsch in the MCH Program at KDHE: [jksktsch@kdhe.state.ks.us](mailto:jksktsch@kdhe.state.ks.us) ; Brenda Nickel in the MCH Program: [bnickel@kdhe.state.ks.us](mailto:bnickel@kdhe.state.ks.us) ; or Jamie Klenklen in the MCH Program: [jklenklen@kdhe.state.ks.us](mailto:jklenklen@kdhe.state.ks.us) . Through the concerted efforts of many state and local partners this legislation has finally been passed for the women and infants of Kansas. Thank you to all programs, partners and individuals who had a part in making the dream come true for a healthier Kansas.



# CHILD HEALTH

Brenda Nickel, Child Health Consultant

## Kansas Mumps Outbreak Management Information

*This information has been provided by the Center of Disease Control and is current as of April 7, 2006.*

*For current mumps outbreak status in Kansas, go to [www.kdheks.gov/immunize/mumps.html](http://www.kdheks.gov/immunize/mumps.html)*

### REPORTS OF SUSPECTED/CONFIRMED CASES:

- All suspect, probable and confirmed cases of mumps must be reported to KDHE and the local health department.

### ISOLATION OF CASES:

- Cases should be excluded from child care, school, work, and other social contact for four days following onset of illness. Note that this differs from recommendations in the Red Book: 2003 Report of the Committee on Infectious Diseases published by the American Academy of Pediatrics and the Control of Communicable Diseases Manual, 18<sup>th</sup> Edition (edited by David Heymann) published by the American Public Health Association, which both recommend exclusion for nine days. The latest information from CDC, as published in Epidemiology and Prevention of Vaccine-Preventable Diseases, 9<sup>th</sup> Edition, are exclusion for four days. Although the virus may be isolated from saliva up to nine days after onset, the infectious period is considered to be from two to three days before onset to four days after onset.

### CONTACTS:

- Contacts are defined as those living in the same household or with close personal contact (defined as within three feet for an hour, consistent with the definition for pertussis).
- Persons who may be considered immune would be persons who:
  - were born before 1957;
  - have documentation of physician-diagnosed mumps;
  - have serologic evidence of mumps immunity, as demonstrated by mumps IgG antibody ("equivocal" serology results would not count); or
  - have documentation of adequate vaccination (i.e., at least one dose of mumps vaccine, including as part of MMR, at age 12 months or older).
- Any susceptible contact to a suspect, probable, or confirmed case should be excluded from child care, school, work, and other social contact from day 12 to day 25 following exposure.

- This exclusion period should be based on the range of days during which exposure could have occurred (i.e., starting the 12th day following the first day of exposure and extending to the 25th day following the last day of exposure).
- However, the exclusion may be lifted once the contact receives an immunization against mumps.

### TESTING:

#### Who

Persons with an illness with acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary gland, lasting more than two days, and without other apparent cause. Testing of exposed contacts is not suggested.

### CASE DEFINITIONS:

#### Clinical case definition

An illness with acute onset of unilateral or bilateral tender, self-limited swelling of the parotid or other salivary gland, lasting greater than or equal to two days, and without other apparent cause.

#### Laboratory criteria for diagnosis

- Isolation of mumps virus from clinical specimen, or
- Significant rise between acute- and convalescent-phase titers in serum mumps immunoglobulin G (IgG) antibody level by any standard serologic assay, or
- Positive serologic test for mumps immunoglobulin M (IgM) antibody

Probable: A case that meets the clinical case definition, has noncontributory or no serologic or virologic testing, and is not epidemiologically linked to a confirmed or probable case.

Confirmed: A case that is laboratory confirmed or that meets the clinical case definition and is epidemiologically linked to a confirmed or probable case. A laboratory-confirmed case does not need to meet the clinical case definition.

## National Nurses Week: May 8-12

Celebrate the nurses in your life: Your mentors, your friends, your colleagues, yourself!

### The Florence Nightingale Pledge

I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to me and devote myself to the welfare of those committed to my care.



The Nightingale Pledge was composed by Lystra Gretter, an instructor of nursing at the old Harper Hospital in Detroit, Michigan, and was first used by its graduating class in the spring of 1893. It is an adaptation of the Hippocratic Oath taken by physicians.



# ADOLESCENT HEALTH

Jane Stueve, Adolescent Health Consultant

## National Day to Prevent Teen Pregnancy



May 3 is the day set aside to heighten our awareness of teen pregnancy. The United States has a

teen pregnancy rate of 70 per 1,000 rank (Family Planning Perspectives, 2000) while the Netherlands have a rate of 12 pregnancies per 1,000, Russia has 100 per 1,000; and Japan has 40 per 1,000. The 2000 teen pregnancy rate was 22 per 1000 teen. In 2004, twenty out of 1000 Kansas teens ages 15 to 17 (KDHE birth data) will become pregnant, and out of those pregnancies one of five deliveries will be a premature birth requiring special care. Our Kansas rate continues to decline overall, however teen parenting is associated with the lack of high school completion and initiating a cycle of poverty for mothers.

## Video Game Teaching Kids to Kill Police Officers



An ultra-violent video game known as *25 to Life* has been released by the video giant Eidos and is on sale at Best Buy. In the game, marketed to our children, players can assume the role of a gang member who is encouraged to execute drive-by shootings of police officers and to use civilians as human shields. What values are the video games teaching our children?

## Senior Graduation - Top 10

High school seniors everywhere will soon embrace a graduation season marked by pomp and circumstance, risk and reward. Graduation is such an important time in teens lives. Here is a list of top ten graduation gifts: 1) money, 2) Oh the Places You'll Go by Dr Seuss, 3) iPod, 4) handheld device/PDA, 5) laptop computer, 6) commemorative coins, 7) hope chest 8) digital camera, 9) college spirit gift, and 10) high quality ink pen to evoke an image of success.



## Underage Tip line

The Kansas Department of Transportation (KDOT) has launched a statewide underage drinking tip line, 1-866-MustB21 (1-866-687-8221). The toll-free tip line operates 24-hour-a-day, seven-days a week, and is available for citizens to anonymously report parties involving underage drinking, plans to purchase alcohol for underage persons, and willingness of retailers to sell alcohol to underage persons.

In 2005, 63 percent of Kansas's students in grades eight through 12 reported having consumed alcohol per the Youth Behavior Risk Survey. Research shows that, while young people drink somewhat less frequently than do adults,



they tend to consume more per occasion - almost twice as much. Research also shows that the part of our brain responsible for judgment and impulse control -- the prefrontal cortex -- is not fully developed until about age 24, and alcohol impairs this part of the immature brain more quickly than it does the mature brain. Pete Bodyk, the Chief of the Bureau of Traffic Safety states, "This fact helps explain why Kansans, age 15-24, who comprise only 19 percent of the driving population, are now involved in almost 40 percent of alcohol-related crashes!"

## The Power of Family

Young people get their information about sex and relationships from a variety of sources. These sources often conflict with more traditional ideas about marriage, family and sexual abstinence. With so many influences bombarding youth today, it is easy to mistake myths about sex with facts. This may create a risk of sexual consequences that can affect both immediate and long-term futures. Teens must be



taught the correct information so they can make the right decision when it comes to sex.

Risk and protective factors can affect our adolescents constantly. Early childhood risks, such as aggressive behavior, can be changed or prevented with family, school, and community interventions that focus on helping children develop appropriate, positive behaviors. If not addressed, negative behaviors can lead to more risks, such as academic failure and social difficulties, which put children at further risk for poor decision-making.

Research shows that one of the strongest protective factors is a child's relationship to their family. Families can provide protection from poor relationship decisions when there is a strong bond between children and parents, parental involvement in their life and clear limits, and consistent enforcement of discipline.

## Think About It

Students Against Destructive Decisions (SADD) and the National Highway Traffic Safety Administration have teamed up to ensure a safe prom and graduation season. The "Think About It" campaign kit is available online to help communities increase visibility and awareness about the dangers of prom night and graduation. Underage drinking is the nation's number one youth drug problem, killing 6.5 times more young people than all illicit drugs combined. The goal of the "Think About It" campaign is to raise awareness about the risks involved with underage drinking when celebrating these special occasions. "Prom is probably still the most dangerous night of the year for teenagers. For some reason, there's a belief you can't enjoy prom without getting drunk or going out" explained Penny Wells, SADD Executive Director. To download "Think About It" materials, visit [www.sadd.org/campaign/taiprom.htm](http://www.sadd.org/campaign/taiprom.htm)



**I must take issue with the term 'a mere child,' for it has been my invariable experience that the company of a mere child is infinitely preferable to that of a mere adult.**

— Fran Lebowitz

# PUBLIC HEALTH

Children and Families Section

## What is going on in the Kansas Legislature?

HB 2218 is calling for driver's licenses age requirement. HB 2218 would raise the age requirement for obtaining a nonrestricted driver's license from 16 to 18, except in certain instances along with changing requirements for an instructional permit and farm permits.

HB 2546 would require all school buses to be equipped with lap-shoulder seat belts and retrofitting.

HB 2611 requires children age 4-7, or when a child weighs less than 80 pounds or is less than 4 feet 9 inches tall, to be in a child safety passenger restraining system. This bill passed both House and Senate and was signed by the Governor on March 27.

HB 2732 would enact the Unattended and

Unsupervised Children in Motor Vehicle Safety Act making it unlawful for a driver who is 16 or older to leave a child 8 or less unattended and unsupervised in a motor vehicle. This bill failed to pass the House and remains in Conference Committee.

SB 418 Personal and Family Protection Act, licensing to carry concealed firearms authorizes the Kansas Attorney General to issue four-year licenses to certain persons to carry concealed handguns beginning January 2007. The bill passed both the House and the Senate and was vetoed by the Governor. Motion to override the veto by both the House and the Senate was successful.

## May is Asthma Awareness Month



Asthma is the number one respiratory disease in Kansas. Each May, EPA joins international, national and local Asthma Awareness Month Activities to increase public understanding of asthma and environmental asthma triggers. Throughout the month, the EPA organizes events, conducts media outreach, and releases new materials and supports local Asthma Awareness Month efforts to increase public understanding of ways to manage the environment to control asthma. For more information visit [www.epa.gov/asthma/awm.html](http://www.epa.gov/asthma/awm.html)

## Terie Druessi Smith: Understanding the Mental Model of Poverty



Terie Druessi Smith joined public health professionals in Wichita for the Governor's Public Health / MCH Conference as a keynote speaker. Ms.

Druessi-Smith, who co-authored "Bridges Out of Poverty: Strategies for Professionals and Communities," with Ruby Payne and Philip DeVol, presented a breakout session and two plenary sessions that provided information, strategies and insight into the "hidden rules" that govern many aspects of life for those who are poor.

Terie's message that, "people in poverty are often in survival mode, where the future holds no promise, and support systems taken for granted in middle class and wealth, are nonexistent." Through humor, story-telling, and years of experience as an educator, trainer, and consultant, Terie inspired attendees to look at ways to connect to our most vulnerable families, those who live in poverty.

For more information about resources and publications from this author and her colleagues, visit [aha! Process, Inc. at www.ahaprocess.com](http://aha! Process, Inc. at www.ahaprocess.com)

## What is Mental Health?

It has always been easier to define mental illnesses than to define mental health. Is mental health the ability to enjoy life? James Taylor wrote, "The secret of life is enjoying the passing of time. Any fool can do it. There is nothing to it." Is mental health "resilience"? It has been long known that some people handle stress better than others. Is mental health balance, not only in our relationships with others, but in our ability to spend time alone, communicate, help others,

work, exercise, eat or sleep? Is mental health flexibility? When a person has rigid expectations their stress level rises. Working on making our expectations more flexible can improve our mental health. Is mental health self-awareness and self-esteem? Some people seem to know who they are and where they want to go with their life, others are not so sure. These are just a few of the concepts that are important in attempting to define mental health.

## SIDS Network of Kansas Provides Sleep Sacks for Healthy Start Home Visitor Programs in Kansas



Christy Schunn, Program Director for SIDS Network of Kansas, joined exhibitors during the MCH Conference April 12 – 13 in Wichita. However, Christy's participation in the conference began weeks before as she secured grant funds so that she could provide sleep sacks for each county with Healthy Start Home Visitors.

In addition to the "Back to Sleep" campaign and education about risk factors that may contribute to SIDS, the use of sleep sacks for infants has been beneficial in eliminating unnecessary bedding in cribs that increases the risk of infants suffocating after getting entangled in blankets or pillows. After being provided with the number of mother's seen in 2005 in the MCH Program, Christy was able to purchase 1600 sleep sacks

that she then handed out to home visitors. The home visitors were delighted to obtain these items to give to families of newborns and were excited to be able to add these colorful gifts to their program's resources. The Healthy Start Home Visitors provide support and resources to mothers and their babies in family's homes, at clinics, and in hospitals. Education regarding SIDS and reduction of risk factors that may contribute to SIDS, is one of the ways that our Kansas MCH Program is working in communities to help grow healthy children and families! For more information about the SIDS Network of Kansas, go to: [www.angelfire.com/ks/sidsnetworkofkansas/index.html](http://www.angelfire.com/ks/sidsnetworkofkansas/index.html)

## Ask Ken! (About CVRs) ELECTRONIC SUBMISSION OF DATA & CVR'S

Reporting of M & I visits require a primary service be reported with each visit. New intake (6) will be reported with the first visit to this program. With any other visit to M & I programs, the primary code would be follow-up clinic (7), follow-up home (9) or follow-up other (24).

Reporting of Healthy Start visits also require a primary service be reported with each visit. Either home visit (9), hospital visit (10), clinic visit (25) or other (26) must be reported. If the primary service is not reported in PH Clinic, the data will **not** be imported. Healthy Start also requires referrals be reported electronically. Referrals are the meat and potatoes of this program.

# SCHOOL HEALTH

Brenda Nickel, Child Health Consultant and Jane Stueve, Adolescent Health Consultant

## MCH Conference Provides Valuable Resources and Invigorating Spirit For Public Health Providers

Ileen Meyer, KDHE Children and Families Section Director, welcomed over 160 attendees to the Maternal and Child Health portion of the Governor's Public Health Conference held at the Wichita Hyatt April 12 – 13, 2006. The conference featured outstanding presenters in the field of Maternal and Child Health, who covered topics related to breastfeeding; teen risk behaviors; mental health for children and adolescents; SIDS; oral health impacts on mothers, their infants, and children; and developmental screening information. In addition to outstanding content from Kansas's providers, Terie Druessi Smith, a consultant with Ruby Payne's aha! Process, Inc., presented thoughtful informa-

tion about families living in poverty. Exhibitors were present throughout the conference offering resources and materials to enhance the services offered by public health professionals. Comments from participants were favorable regarding the conference and the MCH consultants were delighted with the participation level from counties all across Kansas. Such attendance during a time of year busy with spring activities and recent communicable disease outbreaks, speaks to the commitment that public health has to increasing their knowledge base so that information and resources can be provided to Kansas families.



## Required Immunizations for School Entry -- School Year, 2006-2007

Immunizations for Hepatitis B and Varicella (chickenpox) are now included in the list of required vaccinations for any Kansas student enrolling in kindergarten, first grade and second grade classes for the 2006-2007 school year.



The first dose of the three dose series of Hepatitis B must be taken for school entry. The two remaining doses are required once the child enters school. Varicella requires only one dose. School nurses may accept the Td or Tdap as

meeting the 10-year booster requirement.

**Children deserve a little praise for tasks they're asked to do, if they're to lead a happy life, so much depends on you.**

**—Author Unknown**

## National School Nurse Day Wednesday, May 10, 2006

Information provided by Devin Dinkel, NASN Communications Specialist



National Nurse's Week, May 8 – 12, celebrates public health colleagues who practice in the school setting. National School Nurse Day was established in 1977 to foster a better understanding of the role of school nurses in the educational setting. Today, school nursing is recognized as a specialized practice that advances the well-being, academic success, and life-long achievement of students. To this end, school nurses promote health and safety; intervene with actual and potential health problems; provide case management services; and actively collaborate with others to build student/family capacity for adaptation, self-management, self-advocacy and learning. A celebration of how much school nurses do to keep kids healthy and ready to learn is a key component of National School Nurse Day celebrations. For more information on National School Nurse Day, visit the NASN at [www.nasn.org](http://www.nasn.org). Visit Kansas School Nurse Organization at [www.ksno.org](http://www.ksno.org) to read up on news about Kansas School Nurses and resources available to school nurses and public health nurses providing services in school. Remember to nominate your candidate for School Nurse of the Year using the nomination form available in the April 2006 ZIPS newsletter at [www.kdheks.gov/c-f/zips/download/zips\\_apr\\_06.pdf](http://www.kdheks.gov/c-f/zips/download/zips_apr_06.pdf)

## Summer ZIPS

Remember that ZIPS is published during the summer months! Look for your issue in June, July and August to be sent to you via email or if you're not in the office over the summer months, go online to [www.kdheks.gov/c-f/zips/index.html](http://www.kdheks.gov/c-f/zips/index.html) to access ZIPS from home. Enjoy all the summer has to offer ~ healthy, safe, warm, and sunny days in our Kansas communities!





## EVENTS



## RESOURCES

**National Physical Fitness and Sports Month and National Physical Education and Sport Week (May 1-7)**, the National Association for Sport and Physical Education (NASPE) [www.naspeinfo.org](http://www.naspeinfo.org) and Walk4Life, Inc. [www.walk4life.org](http://www.walk4life.org) have teamed up to remind parents that children learn by example and have 101 suggestions for getting more physically active with their new brochure, 101 Tips for Family Fitness Fun. To receive a free copy of 101 Tips for Family Fitness Fun and information about bulk rate costs, e-mail Janice Lee-Beverly of NASPE at [jlee-beverly@aahperd.org](mailto:jlee-beverly@aahperd.org). To purchase copies, call 1-800- 321-0789. Stock number is 304-10322. For those of you needing Spanish brochures, NASPE also has 99 Consejos Divertidos para una Familia en Forma.

The Mental Health Association of the Heartland and HOMEFRONT with a grant from the Kansas Department of Social Rehabilitation Services is proud to announce the May 2006 at Children's Mental Health Conference: **Children & Resiliency: Nurturing our Children's Mental Health** May 11-12, 2006 Jack Reardon Convention Center - Kansas City, Kansas. Class sizes are limited, so **REGISTER TODAY!** Registration is first-come-first-served. For more information or to download a brochure, log onto [www.mhah.org/events/index.html](http://www.mhah.org/events/index.html)



**National Association of School Nurses 38th Annual Conference** June 30 - July 3, 2006 (Pre-conference days: June 28 & 29, 2006) New York Marriott Marquis - 1535 Broadway, New York, NY 10036. The

NASN Conference advances the specialty practice of school nursing by strengthening school nursing skills needed to; deliver nursing services, provide leadership, and coordinate services between school and community, and support health education to clients. For conference information and register on-line, visit [www.nasn.org](http://www.nasn.org)

**2nd Annual Working Well Conference** August 29, 2006 at Century II Convention Center, Wichita. Aaron Hardy is the Wellness Coordinator for the Washoe County School District. The district has nearly 7,000 employees and returns \$15.10 for every \$1 spent on their wellness program. He is the president and founder of Integrated Health & Wellness that provides organizations with bimonthly or quarterly online behavior change programs and methods to secure funding for wellness efforts. For more information go to [www.hwcwichita.org](http://www.hwcwichita.org)

**Teaching About HIV/AIDS/STDs and Human Sexuality Education** will be held at the Kansas City Airport Hilton, 8801 NW 112th Street, Kansas City, MO on June 14-16. Registration must be received by June 2. The fee is \$225 by May 19 and \$275 after. It is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, persons from community-based organizations, members of the faith community, social workers, parents and public health individuals. Call Dr. Darrel Lang for more information and to register at (785)296-6716.

**School District (K-12) Pandemic Influenza Planning Checklist** Local educational agencies (LEAs) play an integral role in protecting the health and safety of their district's staff, students and their families. The U.S. Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) have developed the following checklist to assist LEAs in developing and/or improving plans to prepare for and respond to an influenza pandemic. Building a strong relationship with the local health department is critical for developing a meaningful plan. The key planning activities in this checklist build upon existing contingency plans recommended for school districts by the U.S. Department of Education ([Practical Information on Crisis Planning: A Guide For Schools and Communities \(PDF\)](#) (1.56MB). Further information on pandemic influenza can be found at [www.pandemicflu.gov](http://www.pandemicflu.gov).

**Teen Relationships, Pregnancy, and Marriage: A New Report** As part of the reauthorization of welfare reform, Congress recently made available approximately \$100 million a year (FY 2006-2010) to promote healthy marriages. This funding can be used to support education in high school on the value of marriage and relationship skills. "Making a Love Connection: Teen Relationships, Pregnancy, and Marriage"—authored by Barbara Dafoe Whitehead and Marline Pearson and made possible by funding from the Achelis Foundation—makes a compelling case for decreasing teen pregnancy as one means to increase the proportion of children who grow up in healthy, married families. To read or purchase "Making a Love Connection," or to review related materials from the National Campaign, please visit, [www.teenpregnancy.org/resources/reading/marriage.asp](http://www.teenpregnancy.org/resources/reading/marriage.asp). The PDF version is available to download from the site.

One of the hardest things to teach a child is that the truth is more important than the consequences

— O.A. Battista



**Kansas Mumps Outbreak Management Information** KDHE has received reports of 241 mumps (confirmed/probable) cases in 31 Kansas counties to date. Local health departments are also investigating an additional 36 patients with potential symptoms of mumps. Many of the cases are in Douglas County (116 cases), but there are also cases in Anderson, Atchison, Butler, Chautauqua, Clay, Ellis, Franklin, Geary, Gove, Harvey, Jackson, Jefferson, Johnson, Leavenworth, Miami, Norton, Osage, Pottawatomie, Pratt, Reno, Riley, Rooks, Saline, Scott, Sedgwick, Seward, Shawnee, Wabaunsee and Wyandotte (data as of April 25). Iowa health officials have reported 975 cases of mumps as of April 20. Additional information can be accessed at [www.kdheks.gov/immunize/mumps.html](http://www.kdheks.gov/immunize/mumps.html).

**Culture Clues™** are tip sheets for clinicians, designed to increase awareness about concepts and preferences of patients from diverse cultures. These tip sheets have been developed by the University of Washington Medical Center and may be used in other settings using the copyright guidelines provided by the university. For more information and to view the tip sheets that are available at <http://depts.washington.edu/pfes/cultureclues.html>



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*Providing leadership to enhance the health of Kansas women and children through partnerships with families and communities.*

**Welcome to ZIPS: Zero to Age 21 — Information Promoting Success for Public Health Professionals Working with Kansas Kids.** We hope this newsletter continues to be a useful resource for you, and we encourage you to give us your comments, feedback and suggestions.

Previous editions of ZIPS can be found at:

<http://www.kdheks.gov/c-f/zips/>

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## Origin of Mother's Day



of Lent (the 40 day period leading up to Easter). Besides attending church services in honor of the Virgin Mary, children returned home from the cities with gifts, flowers, and special Mothering Day cakes that were important parts of the celebration. Mother's Day festivities in the United States date back to 1872 when Julia Ward Howe (her other claim to fame was writing the lyrics for the "Battle Hymn of the Republic") suggested the day be dedicated to peace. Ms.

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece, honoring Rhea, the Mother of the Gods. Early Christians celebrated the festival on the 4th Sunday of Lent in honor of the Virgin Mary, the Mother of Christ. In England in the 1600's, the celebration was expanded to include all mothers with "Mothering Sunday" being celebrated on the 4th Sunday

Howe would hold organized Mother's Day meetings in Boston, Massachusetts ever year. In 1907, Ana Jarvis, a Philadelphia, Pennsylvania school teacher, furthered the cause by beginning a campaign to establish a national Mother's Day. Ms. Jarvis persuaded her mother's church in Grafton, West Virginia to celebrate Mother's Day on the second anniversary of her mother's death, which happened to be on the 2nd Sunday of May that year. By the following year, Mother's Day was also being celebrated in Philadelphia. By 1911, Mother's Day was celebrated in almost every state in the nation. In 1914, President Woodrow Wilson made it official by proclaiming Mother's Day a national holiday that was to be held each year on the 2nd Sunday of May.

